1K Conversations
920 Texters
9 De-escalations
8 Emergency Service Interventions
65% Shared something for first time
84% Found the conversation helpful
72% Reached out because they had no one else to talk to

Issues:
- Relationships: 37.1%
- Anxiety/Stress: 35.0%
- Depression/Sadness: 32.0%
- Suicide: 18.3%
- Isolation/Loneliness: 15.6%
- Self-harm: 13.2%
- Substance use: 13.3%
- Grief: 3.0%
- Eating/Body image: 3.3%
- Emotional abuse: 3.2%
- Bullying: 3.1%
- Sexual abuse: 2.4%
- Physical abuse: 1.3%
- Abuse (unspecified): 1.3%
- Gender/Sexual identity: 1.0%

Race/Ethnicity:
- White: 75.3%
- Asian: 1.9%
- Black/African American: 3.2%
- Hispanic/Latinx: 9.5%
- Native American / Native Hawaiian / Pacific Islander: 0.6%
- Native American / Native Alaskan / Indigenous: 19.0%
- State: National

Age:
- 13 or younger: 14.9%
- 14-17: 33.3%
- 18-24: 25.6%
- 25-34: 9.5%
- 35-44: 11.9%
- 45-54: 2.4%
- 55-64: 1.2%
- 65+: 1.2%

Gender:
- Agender: 0.6%
- Boy/Man: 19.0%
- Genderfluid: 1.2%
- Genderqueer: 2.5%
- Girl/Woman: 68.1%
- Non-binary: 4.3%
- Trans: 4.9%
- Two Spirit: 1.2%
- Write In: 3.1%

Sexual Orientation:
- LGBTQ+: 49.1%
- Straight or Heterosexual: 50.9%

Disclaimer: Only includes those who responded to our voluntary post-conversation survey in 2023. On average, approximately 21% of our texters overall complete this survey. Please note that the total percentages in the race, gender, and sexuality charts will not add up to 100% because texters might identify with multiple identities.